

BOWTIES WITH WILD MUSHROOMS, BABY SPINACH AND PINE NUTS

Tender pasta smothered in rich mushroom gravy, spruced up with Parmesan and pine nuts – with a **POINTS®** value this low we must be dreaming!

Servings: 4
Preparation Time: **25 min**
Cooking Time: **20 min**
Level of Difficulty: **Moderate**



Ingredients

- 1/2 oz dried porcini or shiitake mushrooms
- 1 cup boiling water
- 8 oz uncooked bow tie pasta
- 2 teaspoons olive oil
- 2 cups sliced cremini mushrooms
- 2 medium garlic cloves, minced
- 1 tablespoon cornstarch
- 1/4 cup cold water
- 1/8 teaspoon table salt, or to taste
- 1/8 teaspoon ground black pepper, or to taste
- 5 cups baby spinach leaves
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons pine nuts, lightly toasted

Instructions

- ▶ Place dried mushrooms in a medium bowl and cover with 1 cup boiling water. Let stand 15 minutes. Drain mushrooms through a paper towel-lined sieve, reserving soaking liquid. Rinse mushrooms to remove any leftover grit and chop into small pieces; set mushrooms and soaking liquid aside.
- ▶ Meanwhile, cook pasta according to package directions without added fat or salt. Drain and transfer to a large bowl and cover with foil to keep warm.
- ▶ Heat oil in a large saucepan over medium heat. Add fresh and dried mushrooms and garlic and cook until fresh mushrooms wilt and release juice, 3 to 5 minutes.
- ▶ Dissolve cornstarch in 1/4 cup cold water and add to skillet with the reserved mushroom soaking liquid. Simmer 1 minute, until sauce thickens. Season to taste with salt and pepper.
- ▶ Pour hot mushroom sauce over pasta, add spinach and toss to combine (hot sauce will wilt spinach leaves).
- ▶ Add Parmesan cheese and pine nuts and mix well. Yields about 1 1/2 cups per serving.

Nutritional Value Per Serving: 308 calories; 6.6 g fat; 3.5 g fiber